

Recipe Prep Sheet

DC Public Schools

990369 - Chicken Salad Sub

Recipe HACCP Process: #2 Same Day Service

Source: Local

Number of Portions: 10

Portion Size: 1 sandwich

Ingredient #	Ingredient Name	Measurements	Instructions
011282	ONIONS,RAW	3/4 CUP, chopped	<p>CCP: Heat to 165° F or higher for at least 15 seconds</p> <p>Preheat to 375° F</p> <ol style="list-style-type: none"> 1. Bake chicken on a sheet tray for 15 minutes, or until internal temperature reads 165° F 2. Allow chicken to cool 3. Dice onion and celery into small pieces 4. In a large bowl add onion, celery, chicken, seasonings, and mayo 5. Mix all ingredients together and add 1 red ladle (1/4 cup) into a wrap, bun, or sub <p>CCP: Cover, date, label, and refrigerate at 40°F or lower until ready for service.</p> <p>Save leftovers for up to three (3) days.</p>
011143	CELERY,RAW	2 stalk, med (7.5"-8") + 1/3 CUP, chopped	
990566	Mayo, Lite, Bulk, 4/1gal, Gordon Choice	8 tbsp	
990593	Mustard, Yellow, Bulk, 4/105oz, French's	1 tbsp	
902930	PEPPER BLACK, GROUND	1/2 TSP	
990636	Hoagie Roll, Split Top, WG, Sliced, 120/2oz	10 each	
990523	Chicken, Diced, 2/5 Pound, Tyson	2 1/2 cup	
990577	Salt, Iodized, 18/2.25lb, GFS	1/2 tsp	
990502	Seasoning, Italian Herb, 1/6oz, Trade East	1 1/2 tsp	

*Nutrients are based upon 1 Portion Size (1 sandwich)

Calories ¹	248.123 kcal	Total Fat	4.897 g	Total Dietary Fiber	3.374 g	Vitamin C	*1.191* mg	17.764% Calories from Total Fat
Saturated Fat ¹	0.776 g	Trans Fat ²	*0.000* g	Protein	19.770 g	Iron	*0.814* mg	2.815% Calories from Sat Fat
Sodium ¹	500.466 mg	Cholesterol	46.333 mg	Vitamin A	*66.476* IU	Water	*20.927* g	*0.000%* Calories from Trans Fat
Sugars	*3.433* g	Carbohydrate	31.363 g	Calcium	*7.216* mg	Ash	*N/A* g	50.560% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.809			31.871% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	.125 cup	Milk	cup
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Allergens

Egg	Soy	Wheat						
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.